

EDMONTON

metro®



NEWS
WORTH
SHARING.



**It's Time
to Check Out
Robertson College.**

Programs in Health Care
and Business are starting soon!

Call **587.408.3168** or visit
robertsoncollege.com
to get started.

**ROBERTSON
COLLEGE**

Volcano
Japanese & Vietnamese Restaurant
780.718.0618
NEW VOLCANO RESTAURANT - BEST SUSHI
Merry Christmas & Happy New year!
BOOK YOUR HOLIDAY PARTY TODAY!
Please call 780.756.2218
4226 Gateway Blvd
Open 7 Days a Week • Sun-Thu 11am-10pm • Fri & Sat 11am-2am
NOW HIRING! PLEASE CALL WITHIN • MAKE YOUR RESERVATION TODAY!

BEST OF THE BAD CALLS

Screw-up lands 'Hawks
on historic list. Page 18.



Big jump in tickets for lower speeds

Photo radar. 13 per cent
of infractions handed
out last year for drivers
going 10 km/h or less
over the speed limit



**RYAN
TUMILTY**
ryan.tumilty@metronews.ca

Drivers going 10 kilometres
or less over the limit were
hit with 63,614 photo-radar
tickets in 2014, a four-fold
increase from the year before.

New data the city released
on Monday shows 13 per cent
of the tickets the city handed
out between Jan. 1, 2014 and
Dec. 1, 2014 were for drivers
going 10 km/h or less over the
speed limit.

When council was debat-
ing photo radar last fall, they
were told just three per cent
of drivers had been ticketed
for the same speeds in 2013.

Gord Cebyrk, branch man-

ager of transportation, said
the city is seeing fewer speed-
ers going more than 20 km/h
over, but the speeding hasn't
stopped.

"We're seeing less at the
higher end, but it's moving
down to the lower end," he
said.

More than 80 per cent
of speeders are still speed-
ing more than 10 km/h over
the limit, with the biggest
amount of tickets handed out
to those doing between 11 and
15 km/h over the limit.

"You're seeing that viola-
tion number come down,
which is what we want to see,
but eventually we want to get
that number to zero," said
Cebyrk.

Coun. Mike Nickel said he
believes numbers like this
can erode public confidence
in the system.

"If you want people to
slow down, unfortunately
you have to have a police of-
ficer handing out demerits,"
he said.



'MY FISTS WILL BE UP': TRUDEAU

Liberal Leader Justin Trudeau meets with Metro's editorial panel in Toronto on Monday. He admits he is already campaigning for the coming election. See coverage, pages 8 & 9. ELIZABETH BEDDALL/METRO

THE BOLD NEW
CAMRY
HYBRID



TOYOTA
toyota.ca

The background of the top half of the page is a photograph of two young women in a classroom setting. One woman in the foreground is looking off to the side with her hand resting on her chin, while another woman is visible behind her. The Robertson College logo is positioned in the top left corner, featuring the college's name in white, bold, sans-serif capital letters on a red, angular background.

**ROBERTSON
COLLEGE**

Building a Better Future. Be Career Ready in One Year or Less.

Are you ready for the next step in your career? It's time to check out Robertson College. At Robertson we offer many Student Aid approved career-focused programs that will get you back into the workforce in just one year or less. With our small classes, hands-on learning, industry instructors, you will gain the skills you need to excel in your new career.

Campus Programs Available:

Accounting Assistant
Accounting & Payroll Administrator
Administrative Professional
Administrative Professional Bookkeeper
Health Care Aide & Health Care Aide Challenge
Legal Assistant
Medical Office Assistant
Oil & Gas Administrator

Online Programs Available:

Accounting Assistant
Administrative Professional
Legal Assistant
Medical Office Assistant
Oil & Gas Administrator
Project Management
Travel Counsellor
Veterinary Office Assistant

Find the right career path for you! Get started now and you can be ready for your new career in one year or less. Call **587.408.3168** or visit **robertsoncollege.com** to get started.

Gambling

AGLC hope to bring loyalty program to province's casinos

Gambling at an Alberta casino could soon come with a free meal or other rewards, as the province looks at creating a loyalty program for players.

The Alberta Gaming and Liquor Commission (AGLC) is looking for bidders on a player-engagement project, which would work at slot machines across all Alberta casinos and racetracks.

AGLC CEO Bill Robinson said the idea is to have a loyalty card like any other business would have.

"It would be much like your grocery store card," he said. "You might be able to get rewards for maybe a free meal."

Robinson said the corporation sees it as a valuable tool to collect information about how, where and how often people are playing in casinos. He said with the revenue gaming gives to the province and to charities it's important to understand what's going on.

"We want to ensure that we have a healthy, transparent program, because over \$330 million of the gaming revenues in this province go to charities," he said.

NDP finance critic Brian Mason said this is another disturbing development in the way the province uses gaming revenues. He said the government should do more to help people with addictions.

"They've never followed through on their promises to use a reasonable percentage of the gambling revenues to address people who do have gambling addiction problems," he said.

RYAN TUMILTY/METRO



The EcoCounter, a technology that was installed on the High Level Bridge last summer, has been counting the number of cyclists who use the bridge.

CONTRIBUTED

Cyclists will have to wait for bike data

Transportation.

EcoCounter was installed on High Level Bridge last summer to count cyclists



STEPHANIE DUBOIS

stephanie.dubois@metronews.ca

The City of Edmonton is following in Calgary's footsteps in making more cycling data available, except it won't happen as quickly as their southern counterparts.

With an EcoCounter installed on the High Level Bridge last summer to count

cyclists, local city officials have been looking at managing and verifying the accuracy of the data before they unleash it to the public in the form of an updated daily website, much like Calgary's site. But Edmonton's cycling data website might only come online later this year.

"We've had a lot of counts going on this year with some inquiries with city council looking into things, so we're just really making sure the data is accurate," said Andrew Siggelkow, project engineer with Edmonton's Sustainable Transportation department. "We want to make sure it's classifying things like skate-

boarders correctly and that it's not misrepresenting other people as cyclists."

In Calgary, city officials made the data available within eight months of installing the technology on the Peace River bridge.

Edmonton cyclist and GIS analyst Darcy Reynard thinks there's a need to get that information out to citizens as soon as possible.

"It would be nice to get the data faster. I think it would help inform and give some strength to the argument that we do need bike paths and bike routes and would try to show that there are a lot of cyclists riding," he said.

Monitoring

- The city's Sustainable Transportation department plans to install 40 additional technologies around the city to monitor cyclist numbers.
- Different locations around the city are being eyed as possible spots to install cyclist counting tech.
- The city also uses revolving counters but they are directed based on council requests or for specific projects.

1 NEWS



* Source: jobbank.gc.ca

TRAIN TO BECOME A PARALEGAL!

Did you know that paralegals in Alberta make a median wage of \$25/hr*?

CDI College's **Paralegal program** includes practicum placements so you can get the hands-on training you need for a career as a paralegal.

Financial assistance may be available to qualified applicants.

1 800 360 7186

study.cdicollege.ca

Four campuses in Edmonton to better serve you!

Other programs include:

- Accounting & Payroll Administration
- Addictions & Community Services Worker
- Business Administration Management
- Graphic Design
- Health Care Aide
- Medical Office Administration
- Network Systems Administrator

CD college

Municipal grants may be at risk in budget



RYAN TUMILTY
ryan.tumilty@metronews.ca

Mayor Don Iveson said he's heard no firm plans, but believes Edmonton might have to share some pain in the provincial budget.

Iveson said he's been given some indication grants could be scaled back. He said his hope is no changes to major projects like the southeast LRT, especially while construction prices

Quoted

"If there were to be reneging on commitments around that project, that would jeopardize the entire thing, just when it might be possible to get it on sale."

Mayor Don Iveson

are failing.

"If there were to be reneging on commitments around that project, that would jeopardize the entire thing, just when it might be possible to get it on sale," he said.

Matthew Grant, a spokesperson for Municipal Affairs minister Diana McQueen, said no final decisions have been made.

"The province is cur-

rently reviewing all areas of government spending, including in Municipal Affairs, and currently all options are being considered," he said.

Iveson said he hopes the province looks at long-term solutions in the budget and not simply wait till oil prices rebound.

"It's why we can't have nice things in Alberta and I really hope they get this fixed," he said.

Expansion costs

\$1.8B

The Valley Line LRT is budgeted to cost \$1.8 billion.

Accident. Woman dead after being hit by snow removal vehicle

An Edmonton woman has died after being hit by a snow removal tractor last week.

The 39-year-old woman passed away in hospital Monday. She was hit by a city snow removal machine on Jan. 28 as she was attempting to cross 113A Street at a marked crosswalk near 134 Avenue just before 5 p.m.

Edmonton police's Major Collision Investigation Unit

is currently investigating the collision and has not laid charges at this time.

Last week, a city spokesperson identified the machine as a tractor, with a mounted snow blower unit attached and are conducting an internal review of the incident.

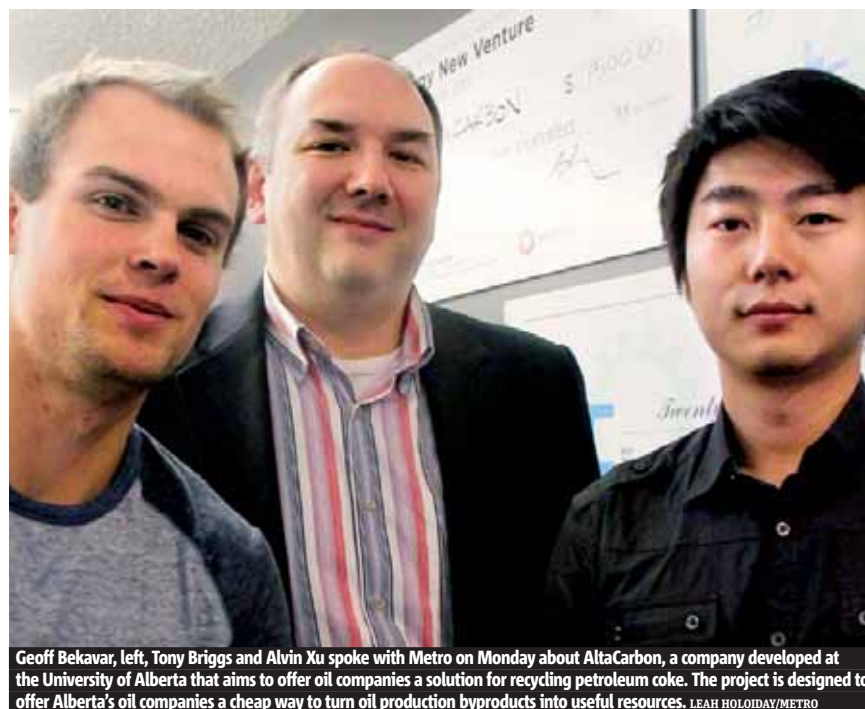
This most recent death marks the city's third pedestrian fatality of 2015.

METRO

Bus, transport collision

Crash leaves bus driver dead, students injured

A school bus driver was killed and several students were seriously injured in a crash with a transport truck in northwestern Alberta Monday. RCMP said the crash happened on Highway 35 north of Grimshaw. The bus was carrying 14 students who attend Peace River elementary and high schools. **THE CANADIAN PRESS**



Geoff Bekavar, left, Tony Briggs and Alvin Xu spoke with Metro on Monday about AltaCarbon, a company developed at the University of Alberta that aims to offer oil companies a solution for recycling petroleum coke. The project is designed to offer Alberta's oil companies a cheap way to turn oil production byproducts into useful resources. LEAH HOLOIDAY/METRO

U of A group aims to take AltaCarbon to the next level

EHub. University of Alberta team hopes to advance their idea that turns oil production byproducts into useful resources

Quoted

"What's different between our technology and traditional way of manufacturing activated carbon is that we utilize microwave heating so it's more energy-efficient."

Alvin Xu, a former student at the University of Alberta.

Quoted

"I think AltaCarbon is one of the best examples of a student activity at the University of Alberta that is leveraging all of these different opportunities."

U of A professor Tony Briggs



LEAH HOLOIDAY
leah.holoiday@metronews.ca

What started as a University of Alberta thesis project four years ago now stands to offer the province's oil companies a cheap way to turn byproducts from oil production into another resource.

AltaCarbon, the brainchild of former University of Alberta student Alvin Xu, uses technology to take the petroleum coke byproduct and turn it into activated carbon — a product used for water filtration and to capture mercury when burning coal.

Xu said the technology not only helps eliminate petroleum coke, which is often left in unused stockpiles, but creates a product that is currently imported into the province.

"What's different between our technology and traditional way of manufacturing activated carbon is that we utilize microwave heating so it's more energy efficient," said Xu.

"We're also using a byproduct as a raw material so it gives us a cost advantage with our competition."

Partnering with U of A chemical engineering student Geoff Bekavar, the AltaCarbon team is taking their technology to the next level thanks to a \$7,500 prize awarded over the weekend at an Energy New Venture competition at the

University of Calgary.

U of A professor Tony Briggs has mentored the AltaCarbon team through the university's entrepreneurial initiative EHub and said the business is an example of what's happening in the city.

"I think something really special is happening in Edmonton in terms of all the institutions supporting entrepreneurship," he said.

"I think AltaCarbon is one of the best examples of a student activity at the University of Alberta that is leveraging all of these different opportunities."

INVESTMENT OPPORTUNITY

Ecovexo Investment Group, All investors who fall into this category stand to make up to 15x the investment capital within a Period of 14 days. Backed with great prospects and no risk involved. We specialize in online Foreign Exchange ("Forex") Brokerage, Shares, Oil and Gas, Oil Vessel, Gold Exchange, Real Estate Investment, Indices and Futures, and offer one of the fastest growing online CFD trading services...

For more information and investment opportunity view our website at ecovexcoinvestmentgroup.com

or contact us directly at admin@ecovexcoinvestmentgroup.com



SHARE OUR PASSION.™

WINTER SPECTACULAR SALES EVENT!

2
LEFT!

2012 M1100 Turbo
ONLY: **\$11,629**
HCR 162
WAS: \$16,999

2013 M800 Ltd Sno
ONLY: **\$10,546**
Pro 162
WAS: \$14,549

1
LEFT!

2013 F1100 Turbo RR
ONLY: **\$12,490**
WAS: \$17,399

1
LEFT!

ARGYLL
MOTORSPORTS

9055 - 63 AVENUE • 780-435-6811 • ARGYLLMOTORSPORTS.COM

Prices do not include PDI, freight or GST**

City creating redevelopment around pedestrians, cyclists

104th Avenue plan. Edmontonians want to know when they'll start to see change



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

City officials are already working on the 104th Avenue plan, which will be used as a development guideline for the next 25 years, but Edmontonians want to know what will happen now, tomorrow or in the next few years.

The problem is there's a lot of unknowns left when it comes to the plan, explained city reps at the third public consultation on the area. When and if the west leg of the LRT will get funding and more exact dates for the project are just some of the questions currently without answers.

The draft area redevelopment plan (ARP) paints a picture relying heavily on



The draft area development plan for the 104th Avenue corridor is one that's geared toward pedestrians. Many of the proposed design elements for the next 25 years focus on walking and other modes of transport beyond the car. COURTESY CITY OF EDMONTON

other modes of transportation beyond the car, some-

thing shown in the proposed wider sidewalks, nearby transit amenities and proposed bike-lane connections.

"Reconnecting some of that grid ... is a rather large pillar to the plan. We're looking to connect some of those bike networks from the north to south as well as east-west. We've found that

this is a critical intersection for the bike network ... and making accommodations on how to reconnect them again once the LRT comes in is important," said Travis Pawlyk, senior planner with the city's Sustainable Development department.

Two of those proposed bike lanes are a north-south connection on 121st Street

and a route on 105th Avenue, according to city officials.

"This is going to be a transit corridor but it won't be without cars," said Pawlyk.

The ARP will be presented to the executive committee in April, and a public hearing on the plan is scheduled to happen in June, say city officials.

Lantern Fest. Night-time event coming to Edmonton

Edmonton's sky will be lit up thanks to a new festival coming to town.

Thousands of lanterns will make it into the night sky over the course of 10 minutes during The Lantern Fest, an event held across North America that is planned for Edmonton this fall.

"It's one of the most beautiful things you'll see," said Spencer Humiston, director of the festival.

Humiston, an Alaska resident, got the idea while living in Thailand and seeing a similar festival take place over the course of several days.

The lanterns are fully biodegradable, so if they do happen to make it past the dedicated "lantern chasers" — the festival's clean-up crew — they'll break down naturally since they're made of paper and bamboo.

The Edmonton venue is still undecided, but a large, open area away from the downtown core is being targeted for the event that organizers are sure Edmontonians will embrace.

"We've had really good luck with Edmontonians for other events, and that's not true with all cities. When it comes to Edmontonians, they seem really excited," said Humiston.

Admission will be in the \$25 to \$40 range and will get guests a lantern, a lighter and admission to the event, which will also include musical performances. **STEPHANIE DUBOIS/METRO**

Quoted

"We've found that this is a critical intersection for the bike network ... and making accommodations on how to reconnect them again once the LRT comes in is important."

Travis Pawlyk, senior planner with the Sustainable Development department

RICK MERCER REPORT

Tonight Rick celebrates Yoho Blow Days, the annual wild winter festival in Field, B.C.

BRAND NEW EPISODE TONIGHT 8
8:30NT

cbc.ca/mercerreport
Followed by 22 Minutes at 8:30/9NT

#FallforCBC

Journalist gives up citizenship to gain freedom

Cairo. Mohamed Fahmy relinquishes Egyptian passport after more than a year in prison

An Egyptian-Canadian journalist imprisoned in Cairo has relinquished his citizenship as a condition of his release, his fiancée said Monday.

Marwa Omara said it was "a very hard" decision for Mohamed Fahmy.

"He is a proud Egyptian that comes from a family of military servicemen," Omara said in an email to The Canadian Press.

"They told him: 'Nationality is in the heart, and you can come in as a tourist.'"

It remained unclear when exactly Fahmy would be released. However, Foreign Affairs Minister John Baird told CBC on Monday that Fahmy's release was "imminent." He declined to provide any more details.

The 40-year-old was expected to be deported to Canada when released.

Fahmy's mother sent a public letter to Egypt's president on the weekend, calling her son an "innocent" man in urgent need of medical treatment.

"Mr. President, as a journalist my son never strived to tarnish Egypt's image. It's this Al Jazeera case that now smears Egypt's reputation

Imprisonment

Egyptian authorities had accused the three journalists of providing a platform for ousted president Mohammed Morsi's Muslim Brotherhood, now declared a terrorist organization. But authorities provided no concrete evidence.

- The three were widely seen as having been caught up in a regional power struggle between Egypt and Qatar, which funds Al Jazeera and strongly supported Morsi.

abroad," wrote Wafa Abdel Hamid Bassiouni.

Fahmy and two Al Jazeera colleagues — Australian journalist Peter Greste and Egyptian Baher Mohamed — were arrested in December 2013 and convicted of terror charges related to their coverage of the violent crackdown on Islamist protests.

They were sentenced to between seven and 10 years.

Greste was finally freed on Sunday.

Prison officials and Egypt's official Middle East News Agency said Greste's release resulted from a "presidential approval" and was coordinated with the Australian embassy.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS



Guy Turcotte to remain out on bail until trial

Guy Turcotte appears in court in an artist's sketch from Nov. 14, 2013, in St. Jerome, Que. The former doctor charged with killing his children will remain free pending his trial, as Quebec's Crown prosecutor's office said Monday it would not appeal the matter further.

MIKE McLAUGHLIN/THE CANADIAN PRESS

Parliament

John Baird to resign as foreign affairs minister

John Baird, one of Prime Minister Stephen Harper's most trusted and high-profile cabinet ministers, is resigning his foreign affairs post and will not seek re-election later this year.

Multiple Conservative sources tell The Canadian

Press that Baird announced the news Monday, and the news shocked even some of his cabinet colleagues. It is still unclear where Baird is headed, and International Trade Minister Ed Fast appears poised to take over as acting foreign minister.

He has been the voice of Harper's foreign policy, one that is resolutely pro-Israel, and circumspect about multilateral organizations such as the United Nations.

THE CANADIAN PRESS

Supreme Court

Ruling expected on assisted suicide

The Supreme Court says it will release a much-anticipated ruling on assisted suicide on Friday.

Although the two main figures in the case have died, the B.C. Civil Liberties Association's effort to change the law continues.

Kay Carter and Gloria Taylor were the key plain-

tiffs and they won at the British Columbia Supreme Court, which ruled that the assisted-suicide law violates the rights of the gravely ill.

The case was appealed to the Supreme Court of Canada, which agreed to revisit the issue.

The civil liberties group says it believes that people who are suffering unbearably at the end of life should have the right to choose a dignified and peaceful death. **THE CANADIAN PRESS**



Be certain when the weather isn't.

Enjoy a 0.9% finance rate on ALL 2011-2013 Certified Pre-Owned models + 4MATIC all-wheel drive on select models.

Become the new owner of a Certified Pre-Owned Mercedes-Benz and benefit from:

- Reassurance: 150-point certification inspection
- Warranty: standard Star Certified warranty up to 6 years or 120,000 km
- Confidence: complete vehicle history report
- Security: 24-hour special roadside assistance
- Peace of mind: five day/500 km exchange privilege

For a complete listing, visit davidmorrisfinecars.com

Mercedes-Benz
CERTIFIED

Certified. Affordable. Luxury.

0.9%
for 24 months



Mercedes-Benz
The best or nothing.



2011 C 300 4matic™, \$35,999 Total price + GST

Stock # shown P11-11727

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com



© 2014 Mercedes-Benz Canada Inc. *0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 24 month finance on model year 2011-2013 Certified Mercedes-Benz excluding AMG (less than 140,000 km). Finance example based on a 2011 model: \$25,000 at 0.9% per annum equals \$704.12 per month for 24 months. Cost of borrowing is \$348.39 for a total obligation of \$25,348.39. Down payment may be required. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end February 28, 2015.

MetroTalks Justin Trudeau

This launches a series of Metro conversations with the people Canadians want to meet: the federal leaders, celebrities, athletes and other newsmakers influencing our lives.

“WHAT MATTERS IS WHAT YOU DO WITH WHAT YOU’RE GIVEN”



ROSEMARY
WESTWOOD
Metro in Toronto

Justin Trudeau's pitch for prime minister goes roughly like this: It's not that Canadians can trust him; it's that he trusts them.

The trademark of his leadership would be openness in government, society and politics, he told Metro editors and reporters during an hour-long interview on Monday.

His caucus will be able to vote by their conscience. He will separate his own religious beliefs (he's Catholic) from his politics (he's pro-choice). Collaboration, not "divisive" politics, will reign.

Trudeau was accompanied by a low-key entourage and equipped with more polished answers than some of his previous offhand gaffes would suggest.

Like the Liberal Party itself, Trudeau has yet to release an official platform. He kept his answers to generalities about what he would do if elected: invest in education, create a more diverse economy, work more closely with municipalities, and better support in-

digenous communities.

If his policies are still opaque, he is clear about the kind of politician he promises to be.

The Liberals won't use attack ads, like the ones already running against him. They might work, he admitted, but will lead to a divided country.

"I would rather campaign with one arm tied behind my back than have to govern with one arm tied behind my back," Trudeau said.

While the Conservatives have tried to use Trudeau's privileged upbringing against him, he embraced it as one of the reasons he's running for prime minister.

"I recognize that I've been incredibly, incredibly fortunate in my life," he said, but his parents "drilled" into him that "what matters is what you do with what you're given in life."

That's why he chose to become a teacher, and it's why he wants to be prime minister, he said.

His father, former prime minister Pierre Trudeau, taught him to stand by his convictions, despite political costs.

"My mom taught me ac-

On women...

Catholic — and also pro-choice

On the divisive issue of abortion Justin Trudeau has a practised answer. It's one he says is based on personal conviction, not political strategy.

He supports a woman's right to choose.

He's Catholic, but said that elected representatives should not impose personal views on entire communities.

"I've sat down with a number of bishops, archbishops and even a cardinal and I've talked about the fact that their job as priests is very different than my job as a leader, as a politician," he said.

He has been outspoken on women's issues in the past. He was tested last year when two Liberal MPs were accused of sexual harassment. He kicked both out of caucus.

"Most workplaces are further ahead than the House of Commons was, and that's why there was very little I

could do within our existing system, which is why the actions I took were fairly decisive."

He sighed before answering that cultural change is needed before legislative change.

"Our judges, our judicial system, our police, our investigators, are in a very, very difficult situation responding to something like that, that's already happened and in many cases, ends up being he said, she said," he said.

"There's a big culture shift that's ongoing, that needs to continue."

Trudeau also spoke on the coming debate about euthanasia.

On Friday, the Supreme Court is expected to rule on Canadians' right to die with dignity and Trudeau expects a "serious" debate.

"We have to have that balance of personal choice and rights of an individual to decide about their life, and the responsibility to protect vulnerable individuals from abuse."

"That's a balance that is at the core of my own views and values and convictions."

JESSICA SMITH CROSS/METRO

Quoted

"My mom taught me actually to like people, which my father wasn't always very good at."

Justin Trudeau

tually to like people, which my father wasn't always very good at," he said, and laughed.

She also taught him that there is strength in vulnerability, after going public about

her struggle with bipolar disorder a decade ago and helping influence public discourse on mental health.

"People were unbelievably supportive," Trudeau said.

"For me that is an incredibly powerful message."

It could also help explain his own candid, relaxed approach to the public: Being vulnerable could be a powerful tool to win voters.

But don't expect a pushover, he warned.

"I will not take things lying down, and we will be very, very strong in our contrast, in the ideas we disagree with, the

positions we dislike," Trudeau said.

Presumably, the party will also be very clear about what policies it does agree with, when it finally releases a platform.

"Let's be very clear. My fists will be up. I am a boxer," he said.

What that can mean for Canada's future remains to be seen.

Prime Ministerial ink





"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed and I know we can work better," Justin Trudeau said Monday in a sit-down interview with Metro. ELIZABETH BEDDALL/METRO

On balancing security, prosperity and freedom



JESSICA SMITH CROSS
Metro in Toronto

Liberal Leader Justin Trudeau spoke at length about his values in an hour-long interview

with Metro on Monday and had answers to some, but not all, of our questions on how he would put those values into policies he'd champion as prime minister.

On youth and the middle class...

Trudeau said he knows that many young Canadians feel prosperity is passing them by; that their generation will not have a home, a pension, an education without crippling debt, good employment prospects and economic security upon which to start a family of their own.

"Young people are feeling that," he said, "and their parents are feeling that this is a breakdown in the idea of Canada, that every generation is supposed to have greater op-

portunities and be able to get a better quality of life than the previous generation."

That breakdown is a source of tremendous anxiety that's toxic to the country, he said.

His plan to solve it starts with investing in education: better bursaries and loans, looking into tying the repayment of student loans to income, and allowing Canadians to use RESPs to continue their education throughout their careers. Improving the middle class, according to Trudeau, means improving the infrastructure it relies on, particularly transit, as well as encouraging both a "resource and knowledge economy."

Closing the wealth gap "means supporting middle-class Canadians, not supporting the wealthy. That means

we're competitive in terms of corporate taxes, but not creating giveaways in hopes that corporations will create jobs."

On the environment...

Trudeau criticized Prime Minister Stephen Harper's recent talk on climate change, suggesting his words were prompted by the election year and not "some kind of road to Damascus" realization that climate change exists.

Trudeau's position on climate change is to support the provinces as they create systems for putting a price on carbon: Alberta has a levy, B.C. a carbon tax and Quebec a cap-and-trade system. Ontario has a plan in development.

"If we can't demonstrate to our trading partners and our citizens that we are serious

about protecting the environment and building the economy in a way that is sustainable and helpful to communities, people are going to remove any sort of social licence for mega projects, for pipelines for initiatives that are important for the economy," he said.

On terrorism...

Trudeau doesn't know yet what the Liberals' response to C-51 — the government's anti-terror bill that expands CSIS's power and criminalizes promoting terrorism — will be, but his caucus is going over the details and will debate it Wednesday.

"The fundamental responsibility of any government is to keep its citizens safe," he said. "Whether it's rail safety — as we learned with Lac-Mégantic — whether it's

protection against jihadists and international terrorists and radicalization, that's something the government needs to do."

Trudeau said the Liberals have been calling for public and parliamentary oversight of Canada's spy agencies, and the balancing of safety with the protection of Canadian values.

On legalizing marijuana...

Trudeau said his commitment to legalizing marijuana comes from his own values related to personal freedom and protecting the vulnerable, not political strategy.

"It's all about allowing adults to make their choices while protecting kids much better than we are now," he said. "Our current approach isn't protecting our kids, we need to protect the vulnerable, while respecting people's freedoms."

On cities...

In nearly 150 years since Confederation, Canada has shifted from 80 per cent rural to 20 per cent urban, to the opposite and it's time to recognize that cities deliver a majority of services on a fraction of the tax base, Trudeau said.

His party is looking at creating another mechanism — something akin to the gas tax — that empowers cities to build infrastructure, he said.

Trudeau said it's time to stop finger-pointing and recognize that all governments serve the same citizens, so as prime minister, he'd meet with the premiers and the country's mayors and aboriginal leaders, to help them build their long-term plans.

"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed, and I know we can work better, much more efficiently on delivering those needs instead of just saying, 'Hey, Ottawa's balanced its books, now it's up to Toronto or Ontario to do it on their own.'"



Tat test. Trudeau draws his dream-job tattoo

Asked to sketch a tattoo appropriate for the PM, the famously tattooed Justin Trudeau paused only briefly before he started drawing what looked like a flagpole.

His aides told him it was time to go, but Trudeau kept sketching. In remarkably accurate detail, he spent several minutes creating a Quentin Blake-esque rendering of the Peace Tower on Parliament Hill — complete with a green copper roof and clock, a small Canadian flag and mini parapets.

But don't expect him to

head to the tattoo parlour on Election Day: "I have all the ink I'm going to get. I'm not going to get more tattooed up," he said, calling tattoos "addictive."

Trudeau's shoulder is inked with a globe he got in his 20s, surrounded by a Haida raven, added on when he turned 40.

Trudeau reverted to teacher mode on his way out, asking if anyone could pinpoint the one inaccurate detail.

There isn't a maple leaf on the face of the clock tower?

Correct, said the teacher.

ROSEMARY WESTWOOD/METRO

Japanese PM questioned on hostage deaths

Terror. Abe pledged \$200M in non-military aid days before ISIL demanded ransom

Japanese Prime Minister Shinzo Abe defended his policy toward terrorism, as the flag at his official residence flew at half-staff Monday in a mark of mourning for two hostages killed by the Islamic State of Iraq and the Levant (ISIL) group.

During a long day of parliamentary debate, Abe parried numerous questions about his handling of the hostage crisis, which came to a grisly end with news early Sunday that journalist Kenji Goto had been beheaded.

Abe said his announcement of \$200 million in non-

military aid for the fight against ISIL, made during a visit to the Middle East just days before the militants demanded a \$200-million ransom for the two hostages, was meant to convey Japan's strong commitment to battling terrorism and fostering peace.

Some have questioned that decision, saying Abe should have been more cautious and not mentioned ISIL by name.

Abe confirmed that he was aware of the hostage situation when he made the announcement. He said he wished to publicize Japan's contribution to the fight against extremism and rejected the idea of a more cautious approach.

"The terrorists are criminals," Abe said. "We are determined to pursue them."

THE ASSOCIATED PRESS



Liberia launches trial of experimental Ebola vaccines

A woman is injected by a health-care worker as she takes part in an Ebola vaccine trial on Monday at Redemption hospital in Monrovia, Liberia. A large-scale human trial of two potential Ebola vaccines got underway in Liberia's capital, part of a global effort to prevent a repeat of the epidemic that has now claimed nearly 9,000 lives in West Africa. ABBAS DULLEH/THE ASSOCIATED PRESS

2011 CHEVROLET EQUINOX LS #11B0297 \$18,988	2007 PONTIAC GRAND PRIX #078511 \$4,988	2009 MITSUBISHI LANCER #09B4033 \$8,988	2011 DODGE GRAND CARAVAN STOW N GO #11T2391 \$10,988	2007 AUDI A3 #09B9548 \$10,988	2013 FORD FOCUS SE #13B8562 \$12,988	2012 FORD F150 CREW 4X4 XLT ECO-BOOST #12B6152 \$22,988
2013 DODGE DURANGO SXT, 7 PASS #13T5366 \$24,988	2012 SUZUKI GRAND VITARA KX/AWD #12T6656 \$14,988	2014 VOLKSWAGEN JETTA TRENDLINE #14B0525 \$14,988	2013 HYUNDAI SONATA GLS #13B011 \$14,988	2011 BUICK REGAL #11B2341 CXL/LEATHER/SUNROOF \$17,988	2012 GMC 1500 E/C 4X4 SLE 5.3L #12A7194 \$18,988	2013 FORD EDGE SEL AWD #13B7622 \$24,988
2013 CHRYSLER TOWN & COUNTRY TOURING #13B0975 \$18,988	2011 RAM 1500 CREW 4X4 SLT HEMI #11T0142 \$20,988	2011 FORD TAURUS SHO #11B1953 AWD/LEATHER \$21,988	2012 CHEVROLET CAMARO RS #12T7213 HUD/LEATHER/SUNROOF \$22,988	2014 FORD MUSTANG CONVERTIBLE #14A4886 PREMIUM \$23,988	2007 MERCEDES ML320 BLUETEC #07B6850 \$25,988	
2010 FORD F150 CREW KING RANCH #10B5462 ONLY \$3,630KMS \$29,988	2011 CADILLAC SRX-4 LUXURY PREMIUM EDITION #11A208 \$32,988	2014 JEEP WRANGLER UNLIMITED SAHARA #14B3579 \$32,988	2011 FORD F150 CREW 4X4 HARLEY DAVIDSON #11T2760 \$33,988	2012 FORD F550 CREW 4X4 12 FT DECK #12B2548 \$36,988	2014 CHEVROLET 1500 CREW 4X4 LTZ Z71 #14A8095 ONLY 9,915KMS \$45,988	

Check Out
a Sample
of Our
Inventory

VISIT US ONLINE 24/7 AT WWW.CWAS.CA



LOCAL 780.483.7516 • TOLL FREE 1.866.310.5751
10212-178 Street MONDAY - FRIDAY 9-9,
SATURDAY 9-6, SUNDAY 11-5

AT THE TIME OF PRINT ALL UNITS WERE IN STOCK. DUE TO TIMING UNITS MAY HAVE SOLD BY THE TIME ADVERTISEMENT CAME OUT. PLEASE VERIFY WITH DEALER. IN EVENT OF UNIT HAS BEEN SOLD CANADA WIDE AUTO SALES WILL TRY TO REPLACE WITH SIMILAR UNIT. PRICING MAY IN FACT VARY. PLEASE SEE DEALER FOR DETAILS. COB- PAYMENTS BASED ON 4.99% FIXED RATE O.A.C. IE: SELLING PRICE \$11988 PLUS 5% GST=12587.40 0 DOWN TERM OF STRAIGHT 60 MONTHS COST OF BORROWING FOR FULL TERM WILL BE \$1665.35 FOR A TOTAL REPAYMENT OF \$14282.40. PAYMENT WILL BE \$36.50 EVERY WEEK. MAXIMUM TERMS ALLOWED IS 96 MONTHS, HOWEVER CLIENT MUST QUALIFY. MUST QUALIFY THROUGH PRIME BANK O.A.C. 0% FINANCING IS FOR THE FIRST 12 MONTHS OF THE LOAN. EG. \$20,000 SELLING PRICE PLUS GST MAKES TOTAL AMOUNT TO FINANCE \$21,000. AFTER 12 MONTHS, CLIENT MUST REFINANCE RATE DETERMINED BY LENDER. BALANCE OWING \$18,286. ALL UNITS/PRICES ARE APPLICABLE UNTIL 9PM TODAY AND ARE NOT APPLICABLE DURING PRIVATE SALE EVENTS.

CRTC moving in right direction: Expert

Television. Gregory Taylor, an advocate of over-the-air TV, feels it still has a place in the evolving on-demand marketplace

As beleaguered local television stations continue to face cut-backs and web-streaming services like Netflix take off, the future of antenna television looks fuzzy. Nevertheless, last week CRTC chairman Jean-Pierre Blais voiced his crystal-clear support for over-the-air television, which is broadcast on open signals and available without a cable-subscription package. The announcement comes after a long discussion on the future of television between the CRTC and more than 13,000 Canadians — about everything from over-the-air to pick-and-pay cable subscrip-

tions — called Let's Talk TV.

It means that over-the-air TV is here to stay, at least for now. Torstar News Service spoke with Gregory Taylor, a Ryerson researcher and expert on over-the-air television.

What was your take on Jean Pierre Blais' speech?

I was pleased by all three major decisions. I thought that they were very much not just consumer-centred but citizen-centred. And I think the CRTC took a big-picture view — and its position as a public regulator quite seriously — and realized they were not just beholden to business interest.

Why is over-the-air television important to you?

Because it means that we are not restricted to cable and satellite subscription if we want to have access to broadcasting. If you remove the over-the-air sector, then we have no choice. The distributors have

a complete stranglehold on things that are supposed to be public information, like news and current events.

I'm not saying that all channels should be free, over-the-air, but there should be a baseline that citizens can access.

How is over-the-air television being used south of the border?

Over-the-air is being used

in a far more advanced way (in the U.S.) than we are in Canada. Take any comparably sized city in the U.S. ... and what you'll get is a list often between 40 to 60 channels (available over-the-air). You can put up to four channels on one licence.... In Canada, nobody is doing that, but in the U.S. they are.

We have a very weak over-the-air system compared to the U.S., and most of it has

to do with the fact that the same companies providing us our over-the-air channels in Canada also sell us cable and satellite subscriptions.

What do you think the future of television is, and where does over-the-air fit in that?

Some people will say everything is going online. But if you take a look at viewership numbers, they've actually remained stable over the last

10 years.

We've seen music fall off a cliff, we've seen bookstores closing down all over the place. Right now, cable and satellite companies are healthy and totally fine.

To me, the future is certainly far less linear than over-the-air offers. It will be a smaller part of the market; I have no illusions that way. But I still think it serves a purpose.

TORSTAR NEWS SERVICE



Health Career Programs INFO NIGHT

February 4, 2015 | 6 – 8 pm | Doors open at 5 pm

Explore career options in health care and community studies.

Learn about admission requirements, tuition and fees, funding options, upgrading, and more! Come early and tour our state-of-the-art labs and learning spaces. Choose a program break-out session to find out more about what interests you:

- Community Support Worker
- Health Care Aide
- Hospital Unit Clerk
- Practical Nurse
- Medical Device Reprocessing Technician
- Pharmacy Technician
- Physical Therapy Assistant
- Social Work
- Therapeutic Recreation
- Early Learning and Child Care

An open Q&A with each program will follow the break-out session.

\$500 tuition credit giveaway!

NorQuest College Health Education Centre
10232 – 106 Street

For more information
780.644.6000 | info@norquest.ca

Step Forward
norquest.ca/events



Gregory Taylor, who is also the author of *Shut Off: The Canadian Digital Television Transition*, says TV distributors have a near-complete stranglehold on public information such as news and current events. ISTOCK

Lululemon founder resigns from board

The founder of Lululemon Athletica Inc. is stepping down from the company's board and turning his attention to growing his family's newest venture, a clothing company founded by his wife and son.

Dennis (Chip) Wilson started Lululemon in 1998 in Vancouver after taking a yoga class and helped turn it into an international brand, with more than 250 stores.

However, he had been at odds with the Lululemon board after resigning as chairman in 2013 and tried unsuccessfully

to oust two directors from the board last year, saying they were not focused enough on product innovation.

James Courtovich, a spokesman for Wilson, said the founder's frustration with the board stemmed from their refusal to adopt a new fabric his wife had created, which she calls "Technical Cashmere."

Wilson offered the fabric to Lululemon three times, but each time the board rejected it, Courtovich said. That spurred Wilson's wife and son to start a clothing company called Kit &

Ace, which uses the fabric.

Wilson said in a statement Monday that his decision will give him more opportunity to grow that business, which has five stores in Canada and two in the United States.

"I have achieved the goals I set when I came back, and after careful thought, I believe now is the right time to step away from the board," Wilson said.

Wilson had left Lululemon in 2012 to take a sabbatical in Australia. He says he was asked by the board to return in the spring of 2013. THE CANADIAN PRESS



Lululemon founder Chip Wilson THE CANADIAN PRESS FILE

Oilsands

Feds are hiding reports, critics say

Critics say the federal government has been trying to hide legitimate concerns about the consequences of oilsands pipelines by keeping a report under wraps on the possible environmental threats posed.

"If this report has been around since 2013 and not been released, then it makes me think they must be trying to hide something," NDP environment critic Megan Leslie said Monday.

Francois Poirier, president of TransCanada's Energy East pipeline project, downplayed such concerns, saying there have been a number of studies indicating that diluted bitumen behaves like any other type of crude-oil product that moves through the pipeline.

However, the unpublished report on environmental threats from oil and bitumen pipelines says that little is known about the potential toxic effects of oilsands products in oceans, lakes or rivers.

THE CANADIAN PRESS

Market Minute

DOLLAR
79.31¢ (+0.84¢)

TSX
14,900.47 (+226.99)

OIL
\$49.57 (+\$1.33)

GOLD
\$1,276.90 US (-\$2.30)

Natural gas: \$2.680 (-1.1¢)
Dow Jones: 17,361.17 (+196.22)

VOICES

PRIVATE JOURNEYS

Edmonton offers alternative means of transportation, but navigating our city involves tensions between self and collective



JAY
SMITH
edmonton@metronews.ca

As Edmonton grows and embraces alternative transportation, there remains an edge that fascinates me. We can praise our fleet of buses, the frequency of our LRT and the bike- and pedestrian-friendly streets for all of their legitimate pluses for our city. But in the end, we're all still a little bit obsessed with our own private journeys.

Take the misty, just-above-freezing January night not long ago when I was waiting for the LRT — on my way home from a performance of Les Ballets Trockadero, the comedic men-in-drag ballet troop. My kids, 9 and 7, were trying out new dance moves on the LRT platform, up way past their bedtime for the occasion. I mulled over the enduring humour of men in tutus.

I was impatient about the time, since it was already after 10 o'clock. I made the requisite complaints about the LRT schedule, the lack of the "next car" times at the Jubilee station. Then we saw my next-door neighbour. Dressed to the nines, she waved us over. My neighbour, who must be in her 70s, lives alone and spends her time in the most fabulous way: taking in as much theatre, ballet and opera as her pension allows.

She had just come from the ballet, too, and we compared



While we can travel around Edmonton in a variety of ways, we're still obsessed with our private journeys around the city — be it bike, transit, walking or by car. METRO FILE

notes on the comedy and where the best cheap seats were. She gossiped a bit about my kids' dad, who lives across the park from us

and whom she saw on the bus the week earlier.

We caught the LRT, and as we approached our stop, she tried to

convince us to wait for the bus with her. "Oh no," I said. "It's just a five-minute walk for us, and it's late. The kids need to get to bed."

DO YOU HAVE A COLUMN IDEA?
Shoot us an email:
readers@metronews.ca

She insisted, pointing out that the bus was on a 15-minute schedule, but I insisted, too.

We hopped off the train and into the glistening night. What a great community we live in, I thought.

Except when I reached the part of the walk home that was past the nearest bus stop, I realized why she had wanted us to accompany her. The path from the bus stop was uphill and glazed with ice.

I remembered what she had said, fidgeting with her sharp-tipped hiking poles, about how slipping on the ice for her could be "one of those life-altering events." I tried to imagine her shuffling up the ice chute and cringed. We should have waited with her.

Navigating our city involves tensions — between self and collective, between here and there. These are the contradictions of transportation that we should be talking about.

Jay Smith is a writer who has cycled, walked and run on Edmonton's streets and pathways her entire life. Her status as an alt-transit diehard includes raising her two kids without a car (or a licence) until last year.

Ignore the rodent prognosticators and embrace winter



MELISSA
DUNNE
readers@metronews.ca

Poet T.S. Eliot famously declared April as the cruellest month. I disagree: It's definitely February.

In our desperation to bring a swift end to the coldest and wettest season, we jump at — as we did Monday — weather forecasts from groundhogs and men in top hats. Nova Scotia's Shubenacadie Sam and Quebec's Fred la Marmotte both saw their shadows. Ontario's Warton Willie and Manitoba's Winnipeg Willow did not. Will there be six more weeks of winter or early spring? Hmm. Not to sound as grumpy as Bill Murray in the 1993 classic Groundhog Day, but it's time

to take your head out of the frozen ground — winter is here for a while, so we may as well embrace it.

The first official day of spring is March 20, but many parts of the True North will have snow well past that date. In Halifax, the Old Farmer's Almanac predicts rain, wet snow and flurries for the last week in March. While Vancouver doesn't get much white stuff, the area is set to see snow and rain from March 17-21, according to the almanac. Last year Ottawa saw snow on April 15, according to the Government of Canada's website. Calgarians were posting photos online when the city was hit by a very late spring snowstorm on June 6, 2009. Yes, June.

So regardless of whether you be-

Winter's here for a while

So regardless of whether you believe the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while.

lieve the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while. With that in mind, here are my tips for making it through the rest of winter without melting down like all that snow on the ground when the salt hits.

Buy the right gear.

When my family first emigrated

from Dublin, we hit the local Sears and bought one-piece snowsuits and woolen ski masks. Canada gets cold, but there's generally no need for a ski mask unless you're actually skiing. But it is worth splurging on a down-filled parka, shearling trapper hat, wool scarf, waterproof mittens and sturdy winter boots. In Vancouver, I recommend Gore-Tex and galoshes. Most of these items are now on sale — go get some.

Don't be afraid to fall.

Then, wrap up and get outside. After years of hibernating indoors like some sort of bear-human hybrid, I have enacted Project Embrace Winter. I skate. I have snowshoed. I've even tried cross-country skiing, and all I did was fall and struggle to get up over and over again. But I'm

out there embracing winter.

Add some Baileys.

After a long day of doing winter sports poorly, I'll make some hot coffee. Or if you have a sweet tooth, chop up some baking chocolate, warm some milk on the stove and throw in some sugar and marshmallows. I usually add a dash of Baileys, too. While I'm now a dual Irish-Canadian citizen, I am still a Dubliner at my cold, shivering core.

Find a way to warm up to our cold weather, which will likely last well past the equinox. And no matter what the rodent soothsayers say, Canada Day is still a very long 21 weeks away. Then we can all stop complaining about the cold and wind chill and start complaining about the heat instead.

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Kim Kardashian ALL PHOTOS GETTY IMAGES

Kim's not sorry for bringing up the Bruce brouhaha

There's trouble in the Jenner-Kardashian compound, and it apparently stems from comments that the most famous of the brood, Kim Kardashian, made in an interview with Entertainment Tonight last month expressing support for "what Bruce (Jenner) is going through." What he's report-

edly going through is transitioning from male to female, though no official announcement has been made at this time. Hence the family strife. "Kim has not even tried to apologize because she says she was helping him and the ratings of the TV show," a source tells Radar Online. "Unfortunately, the more

Kim talks, the more famous she gets. She has pulled this kind of stunt before and has lost friends and lovers. But she honestly does not care. She just moves on." And honestly, I'm surprised by the family outrage. If anyone understands the "I was trying to boost our ratings" argument, it's those people.



Kanye West and two Super Bowl fans

Kanye doesn't want to be in your selfie, all right?

Kanye West went to the Super Bowl, but he didn't look too happy about it. Or maybe he just wasn't too happy about being roped into a couple of fans' at-

tempts at a selfie with the star. He just looks so miserable, right? Seriously, did he just send his Madame Tussauds wax figure to the big game in his stead?

Bring on the halftime show conspiracy theories

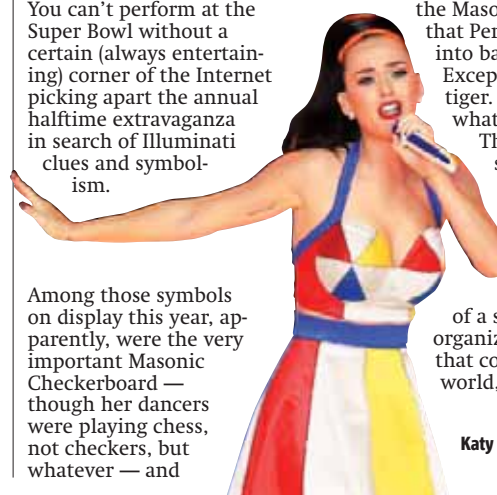
You can't perform at the Super Bowl without a certain (always entertaining) corner of the Internet picking apart the annual halftime extravaganza in search of Illuminati clues and symbolism.

Among those symbols on display this year, apparently, were the very important Masonic Checkerboard — though her dancers were playing chess, not checkers, but whatever — and

the Masonic Lion that Perry rode into battle. Except it was a tiger. But again, whatever.

There's just so much going on here, it clearly has to be the work

of a secret organization that controls the world, right?



Katy Perry

2 SCENE

At our campus, we know our students by name.

At Robertson College, our goal is to help each of our students find success. From finding the right program and career path, to working out a financial plan and helping you find employment after graduation, we offer assistance every step of the way.



Student Aid approved programs in Health Care and Business are available on campus or online. Call **587.408.3168** or visit **robertsoncollege.com** to get started!

**ROBERTSON
COLLEGE**

The Riopel Family from Edmonton saved \$9,000!*



Find out how much you could save!

Your sale price:	Another agent's way:	The ComFree® way:	You could save:
\$400,000	\$16,000*	Top Package with MLS® listing & offerAssist \$2,599. ⁸⁵ With the \$200 rebate	\$13,400.^{15*}

We offer:

- ▶ Pricing assistance and customer support 7 days a week
- ▶ Unbeatable marketing exposure with the best photos in the industry
- ▶ Help with negotiation and paperwork



1-877-888-3131
ComFree.com

*When compared to a commission of 7%/3%, may vary depending on agreement with agent. May not include retribution paid to the buyer's agent, if any. **Offer ends February 28th, 2015. See our website for details. The trademarks MLS®, Multiple Listing Service® and the associated logos are owned by The Canadian Real Estate Association (CREA) and identify the quality of services provided by real estate professionals who are members of CREA. Used under license.



The Backstreet Boys: AJ McLean, Kevin Richardson, Brian Littrell, Nick Carter and Howie Dorough. GETTY IMAGES FILE

Backstreet Boys look back — warts and all

VOD. Documentary, Show 'Em What You're Made Of, follows the band back to Orlando while recording their latest album



NED EHRBAR
Metro in Hollywood

The Backstreet Boys are taking time to look back, creating a documentary to do so. After being brought together 22 years ago in Orlando by wealthy businessman and eventual convicted felon Lou Pearlman, The Boys — Nick Carter, Howie Dorough, Brian Littrell, AJ McLean and Kevin Richardson — let a camera crew follow them as they revisited their past and recorded their 2013 album, In a World Like This. The result is Show 'Em What You're Made Of, available on VOD. We sat down with the band to chat about what it was like to see their lives on screen. **When you saw the documentary, were there any parts that were hard to watch?**

Nick: I think, individually,

we each probably had something that was a little difficult. If you want to get specific, for me, I didn't like watching myself cry and go through that whole experience with my teacher, because I'd kind of put that in the back of my mind. It was a tough time in my life, and seeing myself cry — that's (hard) for me.

AJ: I think kind of reliving everything with Lou and being at the house ... that whole situation affected us each differently. I think there were high moments and there were low moments even making the film. Some were much more emotional than others. It was a great learning experience — a relearning experience.

Brian: My voice therapy stuff is hard to watch, just because it was such a trying time in my life ... It was something I really tried to hide. I didn't want it to be on the documentary, but it just kind of evolved and came out. But it's good that I'm better now and getting stronger each and every day.

Did any of the outfits from the '90s make you cringe?

Howie: Absolutely. Of course.

Kevin: There were quite a few. Lots of interesting fashion.

I don't know if favourites is the right word, but were there any moments that stick out?

Nick: Favourite bad ones? **Brian:** We just saw an interview of us backstage in the green room for the Grammy Awards.

Nick: The Grammys!

Brian: It was 1999, and the question was, "So what do you Backstreet Boys think about the Internet? Do you think it's going to be something pretty cool?" And (AJ) is in a white top hat, white suit.

AJ: White everything.

Brian: He looked like ...

Willy Wonka.

AJ: I looked like Dr. Seuss.

Howie: You looked like Marilyn Manson.

Brian: No, Willy Wonka!

AJ: OK, Willy Wonka, that's what it is. Everyone's in dark colors and I'm just random, as per usual.

Brian: I think he thought he was in Jodeci or Boyz II Men.

AJ: There were definitely some wardrobe faux pas back in the day.



Adventure! Teach English Overseas

- ▶ TESOL Certified in 5 Days
- ▶ In-Class or Online
- ▶ No Degree Required!

1.888.270.2941

Job Guaranteed!

Next In-Class Course: March 20-22, 27-29, 2015

Next Seminar: February 24, 2015 @ 7pm

Travelodge Edmonton South Hotel (10320 45th Ave.)

www.globaltesol.com



Wanted:

Live in caregiver, temporary full time (Babysitting a 6 months old child and light housekeeping).

Wage: \$10.20/ Hr.

Location:
NW, Edmonton, Alberta

Send resume to
doanne105@gmail.com

Reality of unrealistic ideals

Body image. How women are confronting the pressure to meet media and advertising's narrow views of beauty

SEPTEMBRE
ANDERSON
life@metronews.ca

Thursday is the new Friday, at least in the television world, where the prime-time triumvirate of Shonda Rhimes, Kerry Washington and Viola Davis has taken over TV screens.

The seat-gripping dramas *How To Get Away With Murder*, *Scandal* and *Grey's Anatomy*, however, are not only reshaping the TV landscape but also sparking important conversations about body image and beauty ideals.

After New York Times critic Alessandra Stanley called Davis "not classically beautiful" and compared her looks with women like Halle Berry and Washington, the actress didn't respond — until she accepted the award for outstanding performance by a female actor in a drama series award at the Screen Actor's Guild Awards last month.

"Thank you for thinking that a sexualized, messy, mysterious woman could be a 49-year-old, dark-skinned African-American woman who looks like me," she said, alluding to Stanley's below-the-belt comment.

"I think her saying very clearly that a sexy woman and a mysterious woman and a lead actor could look like her was something that everyone needs to hear and be reminded of," said PhD candidate and fat activist Jill Andrew.

"It's the need for represen-



Viola Davis addressed beauty ideals during her acceptance speech at the SAG Awards. GETTY

tation and it's the need for relevant representation."

Media and advertising are often accused of presenting narrow, unrealistic depictions of women that are leading to unhealthy results.

According to a study by Dove, only four per cent of women worldwide think they are beautiful and between 600,000 to 990,000 Canadians suffer from eating disorders like bulimia, anorexia and binge-eating disorder.

Andrew is no stranger to battling with her weight.

"One of the first lessons I learned was that perfection was really hard to get to and

like many people, I practised," said Andrew, who also confronts shadeism in the black community.

"I practised for years to get that perfection, and for me that perfection included diets and sneaking a taste of my mother's Slim Fast strawberry milkshakes. My practice even included a small stint with trying to bleach my skin."

It took years for Toronto-based Andrew, co-founder and executive producer of the Body Confidence Canada Awards, to overcome her self-esteem issues.

Finding a supportive, empowering community and read-

ing books like *Ain't I A Woman?* by bell hooks were part of her self-love arsenal.

"These sorts of books started me on the path of recognizing that these ideals that were set out for me and for all women really only took a very small percentage of women into consideration," said Andrew.

Rebecca Matchett, meanwhile, grew up on teen magazines and graduated to women's magazines in university. The beauty ideals promoted in these publications affected her self-esteem and it was a strict media cleanse that helped improve the way she viewed herself.

The perception effect

When told men desire full-bodied figures, women felt better about their own weight, say researchers at Southern Methodist University (SMU) in the U.S. "A woman's body image is strongly linked to her perception of what she thinks men prefer," says lead author and social psychologist Andrea Meltzer of SMU. Heterosexual women, says Meltzer, tend to believe men prefer the ultra-thin bodies that dominate the media. "Consequently, this study suggests interventions that alter women's perception regarding men's desires for ideal female body sizes may be effective at improving women's body image," she says. Meltzer conducted three studies of 448 women. In all three studies, women were more positive about their bodies after looking at pictures of voluptuous women portrayed as being attractive to men. AFP

"I'm very conscious on the Internet of the material that I look at," said the 26-year-old project manager from Fredericton, N.B.

"I'm conscious that everybody that I'm looking at in the media is Photo-shopped."

Websites like *XO Jane* and *Beauty Redefined* also helped Matchett feel more confident.

"I really started to understand that there are more people like me who want to see images that aren't edited and who want to live in a world where our variety of bodies is OK."

"The more educated we become in peeling back the layers of this facade," said Andrew, "the less it impacts us."

Mood. Be happy in the cold

Do a gut check: Would you stay cooped up in your apartment if you get an unexpected day off in, say, May? Probably not, so why not do what you would do then? "It's a wonderful chance to really trust your judgment and know that what doesn't work is giving yourself a message that to isolate yourself is good for you," says Dr. Frieda Birnbaum, a New Jersey-based psychologist.

Get over the cold: Try this trick: Before going outside, close your eyes and imagine yourself on a beach in Florida. "If you think of yourself

being in a warmer climate, that helps to warm you up," says Birnbaum. "What seems to be the wrong thing to do really feels much better in the long run."

Snow is therapeutic: Your body will love the additional sunlight reflecting off the snow, and after months of early darkness and grey skies, it's refreshing to see the world suddenly gilded and shining. "Snow brightens up the environment around you and can really be beautiful — if you can look at it that way,"

EVA KIS, METRO IN NYC



Use winter as a time of discovery. Take a new route to the gym or to your favourite coffee shop. ISTOCK

Study

Alcohol is not a good sleep aid

Though alcohol initially acts as a sedative, a University of Melbourne study of college-age students found that drinking before falling asleep also increases alpha wave activity in the frontal lobe of the brain, which is thought to be a sign of disturbed sleep. Alcohol was found to bring on brainwave patterns similar to chronic pain sufferers, whose quality of sleep is known to be affected. EVA KIS, METRO IN NYC



3
THE

Mushrooms bring sunny goodness to soup

Mushrooms

Falling in love with fungi

I have been a mushroom lover since my grandpère hiked me and my sisters out to the bush collecting puff balls from the meadow along the way.

He simply stuck a cast iron skillet over the fire and plopped a big chunk of butter into the pan.

He took out his Swiss Army knife and sliced the balls into the pan. He flicked them with the knife and then skewered a fat slice into our mouths.

I was in heaven!

It was only later that I discovered how nourishing mushrooms are.

Truly wild mushrooms are even better, but you really have to know what you are foraging for because you can go very wrong.



Filled with nourishment

All fungi contain precious trace minerals.

They also contain:

- The only vegan source of vitamin D (other than sunshine)
- B vitamins to help you fight stress
- Very few calories for their nutrient density
- Beta glucans which are a type of fibre that is proving to lower insulin resistance and lower cholesterol.

Mushrooms are foolproof to cook, they require very little prep time and go into practically anything.

Vegan Vitamin D Mushroom Soup.

Turn vitamin-packed fungi into a winter-warming main course



NUTRI-BITES

Theresa Albert
DHN, RNCP
myfriendinfood.com

This time of year, everyone in Canada needs more vitamin D. The sun isn't strong enough and other sources like fish and fish roe aren't a large part of our diets.

This soup is a great main course on a weeknight with a big hunk of bread and a few nuts. It is low cal, but nourishing and complete.

Directions

1. In a large pot, soften onions in oil over medium heat for a few minutes.
2. Stir in mushroom and vegetable broth.
3. Cook for 15-20 minutes to heat mushrooms through.



This recipe takes 20 minutes to prepare and makes six servings. THERESA ALBERT

Ingredients

- 1 onion, chopped
- 1 litre vegetable broth
- 1 tablespoon extra virgin olive oil
- 1 cup hummus
- 6 cups cremini mushrooms plus a few extra for garnish
- 1 cup mixed nuts

4. Use a hand wand or a blender to purée, then add and blend in hummus.
5. Fry a couple of mushrooms to use as garnish as desired and serve with nuts.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

CBO

CHICKEN • BACON • ONION

could be your **new cravavourite**

artisan-style onion bun

hickory-smoked bacon

seasoned chicken breast

crispy onions



At participating McDonald's® restaurants in Canada.
© 2015 McDonald's

OxyGeneo Facials; Massage; Reflexology; Laser Skin Tightening and Rejuvenation; Body Sculpting; Electrolysis; Laser Hair Removal

Share the love
FEBRUARY IS BOGO MONTH

Buy 1 Treatment Get 1* FREE
*Equal or lesser value

Offer valid till February 28, 2015. Does not include Hair Rejuvenation, Permanent Make-up or Products. Can not be combined with any other offers.

Experience the Tropicalaser difference!
10112 80 Ave NW, Edmonton tropicalaseralberta.com **780.705.6370**



Everyone's entitled to **YOUR opinion.**

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

- Answer short, online surveys
- Tell us how we're doing
- Every completed survey gives you a chance to win a \$25 gift card

Sign up at www.Metronews.ca/panel

metro

NBA

Bucks halt Raps winning roll at six

The roll the Toronto Raptors were on came to a screeching halt at the hands of the undermanned Milwaukee Bucks on Monday.

DeMar DeRozan scored 16 points, but it wasn't enough to lift Toronto in a lacklustre 82-75 loss to the Bucks, ending the Raptors' six-game winning streak.

Jonas Valanciunas had 12 points and 13 rebounds, while Lou Williams finished with 12 points and Terrence Ross added 10 points for Toronto (33-16).

THE CANADIAN PRESS

NBA

Hawks' 19-win streak snapped in New Orleans

The Atlanta Hawks' franchise-record 19-game winning streak was snapped Monday night in a 115-100 loss to the New Orleans Pelicans.

Anthony Davis had 29 points and 13 rebounds to help New Orleans win for the sixth time in seven games. THE ASSOCIATED PRESS

NHL

Ovechkin named month's first star

Washington Capitals winger Alex Ovechkin is the NHL's first star of January after scoring a league-high 12 goals in 13 games over the month.

Ovechkin also led all players with six power-play goals and 59 shots on goal to power the Capitals to a 7-3-3 January and the second wild-card spot in the Eastern Conference.

New York Islanders centre John Tavares was named January's second star, while the third star award went to Boston goaltender Tuukka Rask.

THE CANADIAN PRESS



Since joining the Wild, Devan Dubnyk has earned a 5-1 record with a 1.71 goals-against average. JONATHAN HAYWARD/THE CANADIAN PRESS

Dubnyk unleashes beast in the Wild

NHL. Former Oilers goalie has spurred his new team to three straight victories

Shot after shot, Devan Dubnyk has been effectively defending the Minnesota net since arriving in a trade less than three weeks ago.

He might have saved the Wild's season, too.

Dubnyk has a 5-1 record with a 1.71 goals-against average and two shutouts while starting all seven games since the Wild acquired him from Arizona for a third-round draft pick.

"You wait and see how he's going to play, but you know what? I feel like any time you

Quoted

"I've really enjoyed my time here and would love to be here going forward, but I've just got to keep playing games for now and that'll work itself out."

Devan Dubnyk, who will become an unrestricted free agent this summer, on potentially signing with the Wild

bring in a new player you have that initial inject of life in the room right away," left-winger Zach Parise said.

Then on top of that, Dubnyk has made an immediate impact on a team stuck in a six-game losing streak at the time of the deal. The 28-year-old made 35 saves in a 4-2 victory at Vancouver on Sunday to help the Wild complete a three-game sweep of their western trip to Canada and revive their post-season chase.

Dubnyk beat Calgary 1-0 on Thursday.

"He deserves an awful lot of credit for the way that he's played," coach Mike Yeo said on Monday. "I think we have a much better focus in front of him right now."

The Wild host Chicago on Tuesday, their first home game in 15 days. They've pulled within five points of the final playoff spot in the Western Conference, though three teams are between them and

eighth place.

"Obviously we need every win that we can get, especially the Calgary and Vancouver games. Those were huge games," Dubnyk said. "But if you approach the game and think, 'Oh my gosh, we have to beat these guys in regulation,' it's just not a good way to be successful."

The former first-round draft pick, coming off a rough year with Edmonton, was limited in action behind Mike Smith in Arizona. So he welcomed the move to Minnesota.

"To go from a place where there obviously wasn't an opportunity to start long term and to come to a place and have an opportunity to play games right away is exactly what I wanted," Dubnyk said.

THE ASSOCIATED PRESS

4 SPORTS

We have tools...

...to help you reduce debt. We help people find the right solution to successfully reduce, consolidate and eliminate their debt!

We offer FREE consultations, debt and credit counselling.

Call: 780 310 8888
Web: www.gt.alger.ca
Text: 403 482 9000

Phone consultations are available!



Grant Thornton

Proposal Administrator | Trustee in Bankruptcy

© Grant Thornton Limited. A Canadian Member of Grant Thornton International Ltd.

Seahawks join historic bad-call list

Sporting screw-ups.
Super Bowl runner-ups attracting criticism for ill-timed pass play

The Seattle Seahawks had both the Lombardi Trophy and greatness in their grasp with 36 inches and 26 seconds to go. They watched their coronation as a modern-day dynasty slip away with the decision not to put the ball in Marshawn Lynch's hands.

In what some are viewing as one of the great miscalculations in sports history, offensive co-ordinator Darrell Bevell, backed by head coach Pete Carroll, called for a pass play, leaving Lynch — and ultimately the rest of the Seahawks — stunningly empty-handed.

When Malcolm Butler stepped in front of Ricardo Lockette and picked off Russell Wilson's pass, the undrafted and previously unheralded rookie sealed New England's 28-24 Super Bowl win. It also added Bevell and

Carroll to the long list of sportsmen whose decisions backfired so spectacularly so as to haunt and taunt the also-rans and their crestfallen fans. Some choices that stand out for their deleterious results:

Meadowlands Miracle

In the final seconds of a 1978 NFL game, all the New York Giants had to do was take a knee and they had the Philadelphia Eagles beaten. But they inexplicably called a running play and quarterback Joe Pisarcik botched the handoff. Defensive back Herman Edwards scooped up the loose ball and scored the winning touchdown.

Pooped Pedro

Just five outs from guiding Boston to the World Series, manager Grady Little left an exhausted Pedro Martinez in Game 7 of the 2003 AL Championship Series. Martinez had just given up three consecutive hits and was clearly done. After Little returned to the dugout without his ace, Jorge Posada hit the game-tying double and the Red Sox went on to lose.

The curse lived on for another year.

Best Bench

While Al Michaels was shouting, "Do you believe in miracles? Yes!" Soviet hockey fans on Feb. 22, 1980, were asking, "Why isn't Vladislav Tretiak between the pipes? No!" Soviet coach Victor Tikhonov benched the world's best goaltender with the score tied at 2 after the first period. The American team made up of mostly college kids capitalized against backup Vladimir Myshkin to beat the mighty Soviets 4-3 in the "Miracle on Ice."

Vexed Van de Velde

Needing just a double bogey to win the 1999 British Open, Frenchman Jean Van de Velde decided not to play things conservatively and triple bogeyed the 18th hole, forcing a three-way playoff with Paul Lawrie and Justin Leonard that he lost. The lasting image from golf's biggest implosion was Van de Velde stepping into water to reclaim his third shot.

THE ASSOCIATED PRESS



Russell Wilson of the Seattle Seahawks looks on after his ill-timed pass is intercepted by the Patriots' Malcolm Butler in Sunday's Super Bowl. GETTY IMAGES

ADVERTISING SALES REPRESENTATIVE

Metro Edmonton is seeking an aggressive, results-oriented

ADVERTISING SALES REPRESENTATIVE (MATERNITY LEAVE CONTRACT)

The ideal candidate will utilize creative strategies to customize a broad range of advertising options, including print and online, to support clients in achieving their business objectives.

Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses.

Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales.
- Excellent networking, organizational and time management skills.
- Outstanding verbal and written communication skills, including proficiency in Microsoft Office.
- A self-motivated desire to develop new business.
- Some college education or relevant post-secondary training.
- Valid drivers license and a vehicle.

Individuals interested and having the skills described possess the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than February 13, 2015.

PLEASE QUOTE: "ADVERTISING SALES REPRESENTATIVE — Edmonton" in the Subject Line. All submissions will be treated as confidential.



MLB. Jays' Norris reveals his off-field hippie soul

Blue Jays pitching prospect Daniel Norris has had plenty of time to reflect on his 2014 season. That's one of the perks of living alone in a van for weeks at a time.

The 21-year-old left-hander, who managed to rise through three minor-league levels last year before making his major-league debut in September, spends most of the off-season on the road, camping in the mountains, and surfing on the ocean waves — all while living out of a 1978 Volkswagen Westfalia microbus.

The large, mustard-coloured vehicle, which Norris named Shaggy, remains one of the only major purchases from the \$2-million US signing bonus the Blue Jays gave him in 2011 after selecting him in the second round of that year's draft.

Janssen officially joins Nats

Casey Janssen and the Washington Nationals have finalized a one-year contract that includes a mutual option for 2016 and guarantees the reliever \$5 million. Janssen had spent his entire big-league career with the Toronto Blue Jays.



Daniel Norris THE CANADIAN PRESS

"I do it to be alone and to find peace within myself," Norris said from Toronto's spring training complex in Dunedin, Fla. "I love my teammates and family, but I'm not the kind of person who likes to be around a ton of people. I'm a thinker, I like to be alone with my thoughts."

His long hair, which he's been wearing in a bun at the top of his head, and his wide array of flannel and denim shirts all add to that image. That's not exactly how he wants to be seen, though.

"It doesn't necessarily bother me, but all the attention is surprising," said Norris. "I'd rather be known for being the best baseball player I can be — that's my passion, that's my dream." THE CANADIAN PRESS

NFL

Sherman requires elbow surgery

Seattle Seahawks cornerback Richard Sherman played the Super Bowl with torn ligaments in his left elbow and will likely need Tommy John surgery in the off-season.

Seattle coach Pete Carroll said Monday before the team left Arizona that it was his understanding that Sherman would need the surgery after the All-Pro cornerback was injured in the NFC championship game against Green Bay.

THE ASSOCIATED PRESS

Manziel seeking lifestyle treatment

Johnny Manziel has sought help to change his off-field lifestyle. Following a rough rookie season in the NFL, Manziel has entered a treatment program for unspecified reasons, an adviser for the Browns quarterback said. "Johnny knows there are areas he needs to improve on to help him be a better family member, friend and teammate, so he decided to take this step in his life," Manziel adviser Brad Beckworth said.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You will work best today if you work as part of a team. Try to remember a certain amount of tension can be creative and there is nothing wrong with a bit of dissent.

♉ Taurus

April 21 - May 21

You need to get rid of all that emotional junk. Be ruthless with yourself — if you let your heart continue to rule your head you won't get rid of half as much stuff as you should.

♊ Gemini

May 22 - June 21

The only danger today is that you will change your plans at the last possible moment and by doing so upset other people's aims.

♋ Cancer

June 22 - July 23

You may be tempted to take some kind of risk today but as there is a full moon in the area of your chart that governs your wealth that may not be a good idea.

♌ Leo

July 24 - Aug. 23

Because today's full moon takes place in your sign you will be more emotional than usual, which has both advantages and disadvantages.

♍ Virgo

Aug. 24 - Sept. 23

If you let your worries get out of hand today it may stop you from taking action and once you stop you will find it hard to get going again.

♎ Libra

Sept. 24 - Oct. 23

Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they predicted.

♏ Scorpio

Oct. 24 - Nov. 22

If someone gets a bit aggressive in their attempts to sell you something you don't want, be it a physical object or an idea, be a bit aggressive back at them.

♐ Sagittarius

Nov. 23 - Dec. 21

There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

♑ Capricorn

Dec. 22 - Jan. 20

Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. Don't make a big issue of it.

♒ Aquarius

Jan. 21 - Feb. 19

There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

♓ Pisces

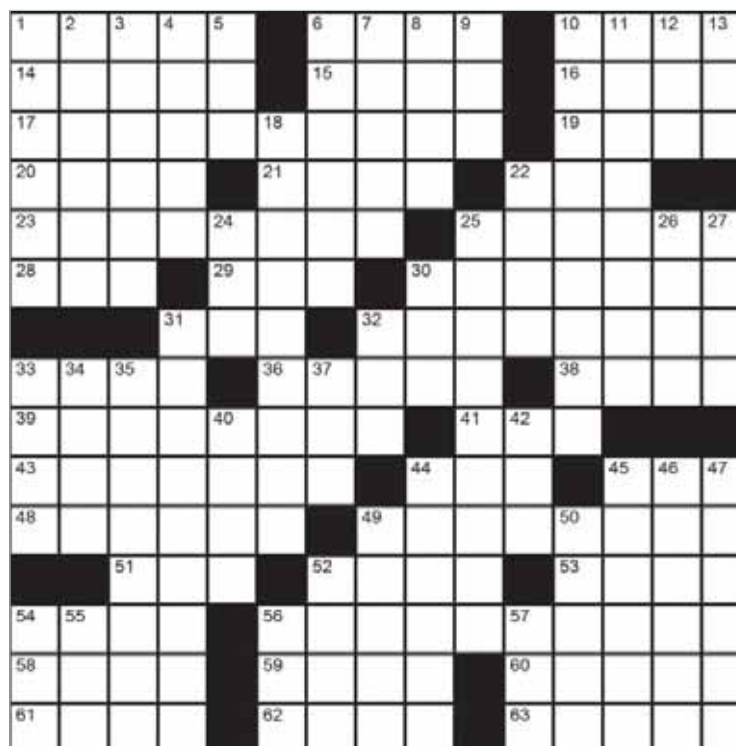
Feb. 20 - March 20

If someone annoys you today just walk away. If you allow yourself to get drawn in you will say things you might later wish you had kept to yourself.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Easy-running horse
6. Awaken
10. Noodle dish, Pad
14. Treble clef's lined notes, in sequence
15. Hold up
16. Challenging
17. Canadian composer of "Music Box Dancer": 2 wds.
19. She sheep
20. Ailed, ___ fever
21. Twice's opposite
22. "Shameful!"
23. Partnerless laundry pairs: 2 wds.
25. Animal artifact
28. Victoria International Airport code
29. Cold
30. Journalist Mr. Rivera
31. ___ culpa!
32. The ___ (Family related to Harry Potter)
33. "___ silly question..."
36. Don't sit
38. Olive-of-comic's surnamesakes
39. Kenora, ON's Husky the Muskie = ___ attraction
41. Mr. Somerhalder
43. Lost in the ___ (Farley Mowat book)
44. Compass pt.
45. Actor Mr. Young
48. Breaks up
49. Telephone sound: 2 wds.



51. Bootcamp bigwig, briefly
52. BC: Port ___ Bridge (It links Surrey to Coquitlam)
53. Taro root
54. Geological flattop
56. Household spot for miscellaneous items: 2 wds.

58. Organic compound
59. 'Myth' suffix
60. Putting into service
61. People: French
62. Clarified butter
63. Canadian comedian/actress Ms. MacDonald

Down

1. Mount ___, Continental Divide peak captured-on-canvas by Lawren Harris of The Group of Seven
2. Sweet Rosie ___ (1943) starring Betty Grable
3. ___ ___ (Comfort

- food sandwich, hip-style)
4. ___ Edibles (Mrs. Garrett's gourmet shop on "The Facts of Life")
5. Subj. of "Bobby" (2006)
6. Retro toy
7. Powders

8. Archipelago part
9. Lefts opp.
10. Ontario town between Sault Ste. Marie and Sudbury
11. Canadian musician Mr. Workman
12. "All bets ___ off."
13. Passports, e.g.
18. Some shoes
22. Crags
24. Goose: French
25. "Right Action" by Franz ___
26. Pastoral poem [var sp.]
27. Sports defeat
30. Pistol
31. Elizabethan vocal pieces
32. Actor, Daniel ___ Kim
33. Financial hedgers, briefly
34. Ivory ___
35. Ottawa Senators captain Erik
37. Cnd. banks, e.g.
40. Cobblestone
42. Cobbler's tool
44. Rip Van ___ (Storied snoozer)
45. Long-billed wading bird
46. Tab key function
47. Seinfeld character
49. Greek Myth: Mother of Perseus
50. Bug
52. Plentiful
54. Ms. Ryan
55. Chem. ending
56. Dublin dance
57. ___ the wrong way

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.



NEW PROGRAMS
COMMUNITY SERVICE WORKER
COMMUNITY SERVICE AND ADDICTIONS WORKER



Academy OF LEARNING CAREER COLLEGE

www.academyoflearning.ab.ca

CENTRAL (780) 424-1144 SOUTH (780) 433-7284 WEST (780) 396-9428

NEW
EDMONTON WEST
LOCATION
17718-64th AVE

Jason Sarai is a Canadian fashion stylist and is wearing Derek Cardigan 7015 Dark Fade

Reinvent your eyestyle

Designer eyewear
starting at \$49

INCLUDES PRESCRIPTION LENSES*

*Get a fresh perspective
on your eyestyle this season
by accessorizing with classic
round frames that feature
a modern fade design.*

*1.59 INDEX SINGLE VISION CLEAR LENSES

TAKE **\$10 OFF** YOUR NEXT ORDER :: USE CODE: **METROGL** :: OFFER EXPIRES FEBRUARY 28, 2015



THE BETTER WAY TO BUY EYEWEAR

 **CALL:** 1-866-414-2326

 **IN STORE:** Vancouver & Toronto